

**Internship Experience at the Daily Sun**

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Inspiring Excellence

BRAC University, Dhaka, Bangladesh

**Internship Experience at the Daily Sun**

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By

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## Acknowledgment

“So verily with the hardship, there is relief, verily with hardship, there is relief”

-Quran Ch94:5-6

I am a student from the Department of English and Humanities (ENH) of BRAC University. Doing an internship is mandatory here for completing an undergraduate program. As a part of academic study, I have done my internship under The Daily Sun magazine department. Before starting my final report on three months long internship I would love to start with the name of Almighty Allah SWT for giving me the strength and blessings. Which I needed most to finish my report on time.

Firstly I would love to convey my gratitude towards my husband Azam Bhuiyan because without his unconditional support and inspiration it would have been difficult to write this internship report. About my study, he always supported me in every possible way. I would also like to show my hearty gratitude to my father Md. Mahfijur Rahman Jewell and mother Israt Jahan Shikha for supporting and providing the best organization where I can pursue my education. Most importantly, I want to express my gratefulness to my university supervisor and my most favorite faculty Mrs. Rukhsana Rahim Chowdhury for her patience and valuable guidance. Her guidance and special care helped me as a guideline to write my internship paper. I am also thankful to all the faculty of English and Humanities (ENH department) for their hard work and good teaching. I will also mention the name of my supervisor Morshedul Alam Mohabbat in Daily Sun who guided me during my internship period.

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## Chapter 1

### Introduction

Newspaper bears importance in our daily life because it publishes daily updates on issues that matter to us, influence us and impact us socially, politically and financially. As a human being and good citizens, we should know what is happening in our country and the world as well. To meet the demand of our curiosity, the newspaper is working as a great source of information. The main purpose of a newspaper is to look for information, probe information and present information to the relevant readers. They help people to know and appreciate or protest on issues that impact their lives directly or indirectly. The newspaper helps to ensure balance in the society through the distribution of information and updates about people's rights and their responsibilities. A newspaper helps the society to shape itself. That is why it is called the mirror of society. It is a printed paper whose main objective is spreading the truth. By reading a newspaper, one can enhance their knowledge about general information. For instance, Newspapers sometimes plays the role of a bridge among countries.

A newspaper has various parts or pages including politics, economics, sports, business, entertainments, trade, commerce, industry etc. The habit of a reading newspaper will keep people updated, widen and enrich with knowledge so that they can take part in every discussion. Along with all the serious issues we also get information and tips about study, job, food, lifestyle, traveling, art, science, shopping place and movie reviews. This is how the newspaper helps us by providing all the necessary updates. We can also find the various advertisement in a newspaper. These add agencies play an important role to run newspaper in terms of financial needs.

If we try to divide newspaper into different parts we will get a front page which contains all the leading and important news, sports part, business part, local news part, entertainment part, editorial part, vacancies part, lost and found part, matrimonial part etc. There is also weekly magazine along with main part named current affairs, comics, brochure, extra, tabloid etc. Every newspaper publishes their special edition on Eid, Pohela boishakh, Durga Puja, valentines, international mother language day, victory day, independence day etc.

In Bangladesh, there are lots of newspapers. The number and popularity of Bengali newspapers are high as Bengali is the mother tongue in Bangladesh. However, English newspapers are also getting popular here because of the increasing number of English speaking people and increased geopolitical presence of the country in the world. So we can hope for a new class of reading English newspaper in near future. Among many of the renowned English dailies, I got the opportunity of working with “The Daily Sun”, one of the most circulated English dailies in Bangladesh as a part of my undergraduate studies.

The profession of journalism is related to print media. It is a challenging profession because the aim of a journalist is telling the truth through his/her writing. A journalist must be brave enough, to tell the truth, and remain free from biases. While doing the profession of journalism there come lots of unwanted challenges. A journalist needs to overcome all the challenges with bravery and wisdom to bring the information to the readers.

## Chapter 2

### Birth and Establishment of “Daily Sun”

The organization in which I have completed my Internship, one of the rising and famous newspaper, Daily sun was found in 2010 by East west media group. It is considering as one of the best-renowned media group in Bangladesh. This newspaper has the aim of publishing the truth to the commoners. The owner organization named East west media group is a part of Basundhara Group. This media house owns an English daily, two Bengali news daily, a financial weekly, a bilingual online portal, a diplomatic journal, one radio and one television channel. The whole Daily Sun has 28pages including 4pages on business and 8 pages on sports. This sports part called “winner”. There are several parts as well such as front page, back page, editorial, metropolis, sun extra, Asia, entertainment, and post-Logue. Daily sun has approximately thirty-four thousand readers. Around eighty to eighty-five employers are working under Daily sun. Enamul Haque Chowdhury is the present chief editor and Md. Shiabur Rahman is the executive editor of the Daily Sun. Late Professor Syed Anwar Hossain was the first chief Editor of Daily Sun. he was an eminent historian, British commonwealth scholar and a senior faculty of Dhaka University. In that early days of Daily Sun Amir Hossain was the executive editor. After his sudden death, Shiabur Rahman was the acting executive for someday. Later he becomes the executive editor. Under their observation Daily Sun becoming a trustworthy daily news portal in which we can rely on the truth and unbiased news. The office address is: plot no: 371/A, block no: D, Basundhara R/A, Baridhara, Dhaka1229. The slogan of this newspaper is, “Wake up with the true and impartial Daily Sun”. As our young generation is more interested in the online



portal so the Daily Sun has its online version so that we can get all the updates in a blink. The print version is available online- <http://www.daily.sun.com/>



### Chapter 3

#### Role of print media in the era of Internet

Today we are living in the era of the internet. Because of globalization and available access on the internet the whole world is on our hand. We can get all the update by clicking a button. So at this point, there might be one question that, how print media is still surviving in this modern world and what is the future of it? From my perspective as, the technology and digital revolutions are getting much attention the future of print media especially press will be depended on the journalistic excellence and the power of writing which will connect the audience with the true news. The depth of print media is more potent than online portal. Moreover, most of the senior citizen of our country prefer print media or newspaper. The reason behind this, releasing valid news, reliable source, good writing skill, detail updates, authentication, organized etc. on the other contrary, online news portal are more tended to publish less important news related to entertainment or sports. Print media is the complete package of every news update of the various sector. In one newspaper you will find everything. Working in print media was my first choice ever. Because only print media can reach to the audience directly by releasing true and impartial

news. In Bangladesh, there are lots of influential news portal working for collecting and releasing news. There might be millions of news but which news is going to be the cover story and which not will be decided by the editor. This is how print media selects their news story. Now if we have a look at the online news portal we will see that they still need time to work on it. They are basically in their primary period. Print media is still the number one preference to the audience. Some points are given below:

**Record Keeping:** we read newspapers to know the unknown. Sometimes we need that record or proof. In terms of reading the online news it is not possible to keep any record but in print media, it is possible as it is a written document. For example, many of us do search for job, tutor, land, flat or study material. In case of keeping record a piece of paper is very important, reliable and handy as well. **Comfortable:** many of us do not like reading paper on the screen. Because it is not suitable for eyes to read something on the screen for a long time. In fact, reading on the screen may cause eye irritation or other kinds of problem. If there is not an emergency we would like to read from our full comfort level and for this print media is perfect than online portal.

**Tangibility:** anything which is tangible has a great impact. A newspaper has tangibility and readers can touch, feel, and smell the pages. The benefit is people always go for tangible things rather than Imaginary or visionary things. At this point, we must say if we have an option of choosing one from online pages and newspaper, we will pick a newspaper.

**Easy internet access:** without internet access or network coverage it is not possible to read any webpage. So for reading online portal, we have to ensure a good network first. In our country, there are lots of places where the internet does not have any access. In those area newspaper is the only option to know about what's happening around the country and world.

Available: to buy a newspaper you don't need to go anywhere. You can find it everywhere for example: on a bus, road, outside the office or any important place hawkers usually buy a newspaper. There is also price variation. From five taka to twelve taka you will get your preferable one.

This is how print media serving us by publishing current updates. The daily sun is one of them. Along with other important news daily is also concern about city life problem and new inventions. The print version of Daily Sun is much more popular than the online version. After analyzing these factor behind it we can say that the existence of print media or the role of print media will remain the same popular as today in future.

## **Chapter 4**

### How does The Daily Sun stand out?

From the perspective of Bangladesh, most of the dailies here publish news on politics, Sports, Commerce and trade International and other current affairs but the daily sun has a wider range of news coverage that includes best magazines, city life problem, thoughts of the young generation, science, music, traveling and culture. Therefore it is unique from other conventional newspapers in Bangladesh. Also, the newspaper is run by the new generation of people who have a different point of view and writes from their own point of view. As a result, the newspaper is more dynamic in style and its representation. It has its own wing of Bangla newspaper as well, therefore, it reaches the most of the readers in Bangladesh. Because of its unique taste of serving, people from different generation marked it as one of their favorite. Under the proper guidance of Mr. Enamul Hoque Chowdhury, Editor of the Daily Sun and with the help of all hard-working

employee, this newspaper is about to reach its expected position. To add more, there are very few newspapers in Bangladesh who could gain this much popularity within such a short period of time. The daily sun always tends to publish the truth without any kind of pressure and biases. Though the Daily Sun publishes news for all the generations they give more focus on the issues that impact on the young generations who are the future of the community and country. Eighty-five people are working day to night in order to meet our curiosity.

## **Chapter 5**

### **Experience with Magazine sector**

Working with The Daily Sun was a part of my academic study. When I got the opportunity of working with Daily Sun, I was as happy as it was a dream for me to work with print media. I was appointed in Magazine sector. During my internship period, I have discovered some of my inner quality in me. At the very beginning of my internship, I got Mr. Morshedul Alam Mohabat, Magazine Coordinator as my supervisor. From the day I have joined, I got a friendly and welcoming environment at the Daily Sun. for instance in this organization, there are a lot of scopes for me to learn. My orientation as an intern started with reading some previous magazines so that I can understand about what I can do and how. The Daily Sun magazine has 3 different sections by topic: Morning tea, Hood, and Groove.

Each section publishes their topics once every week. Morning tea focusses on two topics for publication, one is ongoing events and another is the youth of Bangladesh and technology.

Basically, it covers the thoughts and involvement of young generation with the current situation, science, and technology. There are also some motivational writings to motivate the youth. In

Hood section, social, environmental and serious political issues are covered. In this section, they analyze all the sufferings of city dwellers and reports on all kind of corruptions and problems. Movie reviews are also a part of this section. The last one is Groove and it's all about ongoing fashion, trend, makeup, skin care, home décor, recipe etc.

I have written for all the sections. My first writing was for Groove titled “How fashion is changing over time”. I work here as a content writer and editor as well. To improve my writing skill they observe my every work now and then. However, my first published recipe was “Delicious carrot laddu” on Groove dated Monday, January 29, 2018. My second writing titled “Of Marriage and Conjugal Life” was published on Friday the 9th February 2018. My supervisor always guided us to write quality topics. He checked all off my writings and gives me feedback. Working with them, I have learned many new things as well. Furthermore, my supervisor always encourages to start my writing with a hook or grabber with less grammatical mistakes. I also wrote about DIY nail art hacks, female entrepreneurship, and yoga: healthy meditation and how to make your Valentine's extra special. The journey with Daily Sun was not smooth always. I had many difficulties as well in terms of writing new things. In spite of having many difficulties and limitations, I tried to give my best in the works. Whenever I felt problems, I went to my supervisor and he explained the whole thing. By working with Daily sun magazine team, I got the privilege to nurture me. Besides, every single day there helped me to learn about new things. On the other hand, I have given to do some of the editing and those writings were about a solo art exhibition of some renowned person and staged drama. During editing, I found some difficulty also which was solved by my supervisor. Apart from that, all the things went well. Throughout the internship, step by step I have learned many things about writing. I hope it will help me a lot to groom my career. Every new day of working with the Daily sun has given me a

different experience of writings. I found myself very much comfortable while writing the features for Groove which is for daily life Fashion. And my supervisor also encouraged me very well so that I find the motivation for my writing. Moreover, for Daily Sun I have written five new features for Groove section. All of them were for the upcoming summer. Five of them were titled, “skin care with leftover fruits” which is about all summer fruits remaining that we can use for our skin care, “Go with comfort not color” it was about choosing fabric for summer clothing, “Summer bag Essentials” that you must carry to save yourself from the heat, “presentation outfit”, it was about how you can be prepared for your presentation or any official meeting, the last one was “Summer Hairstyling”. For writing on these, I have done with lots of research on the fabric market to know the exact demand of buyers. Besides this, I have edited a news which was about 4th Dhaka Art Summit. To added more,

The working environment is very important for any employee to work with full confidence and comfort. The environment of the Daily Sun is very women friendly. Every department has interconnection and all of them try to maintain a healthy relationship. For an example, I must mention about the tea time and prayer time of Daily Sun. in that particular period of time people from different section get the opportunity to know each other. There is also a committee of employee-representative and their work is to ensure the rights of the employee of East West Media Group. During my internship period, I have seen the election. There are few more things which I want to write about is celebrating the different occasions. Daily Sun celebrates all the national and religious occasion in office which helps an employee to refresh their mind and concentrate in a more effective way. As an intern receiving guidance and help from the chief editor is only possible in the Daily Sun. One’s first impression of the working environment may create a permanent and remarkable impact in his/her career. My experience with the Daily Sun

was so good that now I feel to be involved more in a working environment like the Daily Sun again.

## **Chapter 6**

### **Linking academic studies with work**

All the media courses that I have done as my academic studies helped me a lot in terms of working with the Daily Sun. As a student of BRAC University (English and Humanities) before starting my internship, I have done with Editing (Eng-401), Copywriting (Eng-404), Print media (Eng-440), Translation Studies (Eng-465), Globalization, Colonization and so many other literature and linguistics courses. The learnings and techniques that I have learned from the courses helped me a lot during my official work. Specially Editing, Copywriting and translation studies worked as a guideline for me during editing and writing feature. For instance, how to use punctuation, grabber, unnecessary word keeping and all other things. In terms of editing headlines one should remember the following rules and regulations:

1. A writer should read and understand the story before writing the headline
2. A writer should write a rough headline, experimenting with word combinations that will form one more line of the headline
3. Writers should choose specific and precious words
4. He/she should make each word count
5. He/she should use action verbs and some creativity

6. He/she should be stuck over if he/she were stuck (Smith and O'Connell 139)

I always tried to maintain these guidelines while I was given any editing to do and it helped me a lot. The subject named translation studies from which I have learned a lot of things.

It is very tough to do any translation in a proper way. Many of us often face complications in terms of translating. However, there is a various way of translating for an example “word for word” or “sense for sense” translation. If you follow “word for word” translation system at that time your translating might get to fail to express exactly what it means which is not a good sign. Each language has its own kind of variations so finding exact word in a different language is tough. Even many foreign words have no exact meaning or synonymous form so in that case, it is not possible to translate any work. For avoiding this type of problem and for a standard version of translation I always prefer “sense for sense” translation. “Sense for sense” translation means do not translate literally. For an example, we can say that there are lots of phrase and idioms in Bangla literature which has no meaning in English but we can describe the inner meaning of it. During my internship, I did some translations as well and for translating I always try to keep the essence and important information. I also learned how to write an effective feature. For the feature it’s very important to start with a grabber which can be a story, quotation, true incident etc. these grabbers will help one writer to run the story or main part of the feature interestingly it also helps to create a connection between writer and reader. Every time when I wrote any feature, I tried to follow some rules which was taught in my class and that learnings helped me a lot to forward in describing a story. Some of them are –



1. Human interest- these are the best-known feature stories. Human interest stories discuss issues through the experiences of another. Example- domestic's violence or sexual harassment against women.
2. Profiles – this is a common type of feature. This type of feature presents an individual's character and lifestyle. These features are mostly about celebrities or famous people. Example- the profile of Bangladeshi famous writer Humayun Ahmed.
3. How-To- these features give information on how to do something. The writers learn about the topic through education, experience, research or interviews with experts. A feature can be written about how to take care of your skin.
4. Historical features- these features celebrate important dates in history or turning points in our social, political and cultural development. They offer a useful juxtaposition of then and now. Historical features take the reader back to revisit an event and the issues surrounding it.  
Example- a feature on 21st February
5. Seasonal themes- these features are stories about holidays and the change of the seasons. They cover life milestones, social, political and cultural cycles and business cycles as well.  
Example- a feature on winter in Bangladesh
6. Behind the scenes- these features offer the inside views of unusual occupations, issues, and events give the readers a feeling of penetrating the inner circle or being a mouse in a corner. Readers like privy to unusual details and well-kept secrets about procedures or activities they might not ordinarily be exposed to or allowed to participate in. Example- a feature giving inside information about how a magician performs his/her tricks in front of the audience.

Feature stories are journalistic reports. They are not opinion essays or editorials. They should not be confused with creative writing or works of fiction. Feature writers need to remember three things. Those are-

- The writer's opinions and attitudes are not important to the story.
- The writer keeps herself or himself out of the story.
- Writing in the third person helps maintain the necessary distance (Curtis, Anthony, 2011)

These three rules that always was in my mind while writing features. Usually, I always used to write a feature from a third person perspective. I also followed the word limitation. A magazine features usually written in 500-5000 words. But according to Morning tea, it has to be within 700-900. Most of the time I wrote 750-850 words. There were other key terms that I followed is giving my feature an effective and interesting name and the title of the feature should not be more than 10 words. Moreover, less than eight words are better. Therefore I always try to keep my features name in 10 words or less than 8 words. This how my courses helped me to work properly and in an effective way.

## **Chapter 7**

### Urban life problems and cultural practices through magazines

The aim of all the newspaper magazines is to publish entertaining news, fashion, styling, skin care etc. But the different magazines of the Daily Sun forecast the problems of city dwellers because of urbanization and cultural practices. Each sector of the magazine focused on different aspects of life which gives us a unique taste of life. Previously by a magazine, we meant only

styling and fashion but day by day our newspaper getting more updated on the basis of public demand. Working with Daily Sun magazine team I have come to know that they are welcoming enough to adopt new things. The other name of this magazine sector is the creative section. Three weekly supplements which I mentioned before named Morning tea, the hood, and the groove has different criteria of writing. Magazine coordinator was my supervisor his work is basically to give a final check on the writings and to do required editing. There are also three feature writers who used to write essays and obituaries, one graphic in charge and two reporters. The work of the reporters are mostly covering all the art exhibition, fashion events, stage drama, interviewing celebrities, finding out the city life problems etc. there is also a photographer whose work is covering photoshoot for the Groove.

Morning tea is all about ongoing problems and events. It has been published on every Friday along with the main copy. The cover story of the morning tea is about the social problem which is occurring on a daily basis. For instance, we could say, the electricity problem, gas problem, jam, corruption, political chaos etc. other than this, morning tea also covers ongoing events or exhibition. Morning tea also publishes posts about agriculture. It consists of 10 pages which have the public health-related article as well.

Groove is all about fashion, trend, and lifestyle. For writing in groove writer need to do a brief research on ongoing trend and fashion. It is the most desired newspaper extra as its talks about popular culture. In our country, the importance of marriage is not less than any other religious occasion. Most of the marriage took place in winter so Groove covers features about bridal makeup, dress, and accessories in the winter season. In addition, it also covers skin care tips, interior designing, and recipe. Most of my writing was for Groove. I used to feel very

enthusiastic and confident to write about styling. My intern supervisor was very happy with my writing for Groove. Groove published in every Monday.

The hood is another sector of the magazine. It is basically for our young generation. It has been on every Tuesday. It talks about youth, invention, science, general knowledge and exam related topics. Hood also publishes poems and successful story of the young generation to inspire them towards a good and constructive outcome. It has a flor to glorify the technological invention of our youth.

This is how these three different areas of Daily Sun magazine practices popular culture and talks about our social problems.

## **Chapter 8**

### **Conclusion**

“There is no real ending, it’s just the place where you stop the story”

-Frank Herbert

Newspaper plays an important role for all nation. It is the most popular version of print media.

While doing my internship at Daily Sun I have got the chance to work with many respective and experienced people.

During my internship period, I tried to follow their given instruction, guidance and advise. It was very delightful and interesting at the same time to work with professionals. Working with them, I have learned many new things. Though most of the topics were covered by our honorable

faculties but still applying them practically was quite challenging and tough for me as a beginner. Writing photo editorial was new for me. By seeing any picture writing about 500-600 word was difficult for me. But with the help of my supervisor, I have finished my writing successfully. As I have mentioned before that, Daily Sun team provides a healthy environment which helps all the female employees to work with their full comfort. Therefore, the chief editor is very conscious and caring to all the employee out there.

All of us know that Bangladesh has cultural diversity and the magazine sector of Daily Sun covers all of the local cultures. In long terms the future of English newspaper is bright. The demand for English newspaper is increasing gradually with globalization. So having a career in this sector in the near future is expected to be more satisfying and fulfilling. I enjoyed every moment of my internship. In beginning there were many flaws in the writing, to improve those mistakes one of my colleagues gave me extra time and advice. He suggested me to read some good piece writings so that I can overcome my problems. I believed that learning from mistakes is an opportunity and therefore I made sure that, the same mistakes never happening. This feeling helped me to find out my potentials. When I joined Daily Sun I was just fresher with few academic knowledge and when I left I was still a student with more profound knowledge about future professional life. The journey of the Daily Sun is not quite long yet their success story is impressive enough. I hope one day it will be one of the leading English dailies in Bangladesh.

## Chapter 9

### Publications

**daily sun**

Update : 2018-01-29 00:00:00

food diary

Delicious Carrot Laddu

By Mahin Rahman Anita



Carrot is basically considered as a winter vegetable. It goes with salad, curry and desserts as well. We can make carrot laddu at home by using some common ingredients which are always stored in our kitchen. So you don't need to put extra efforts to find them in a general store. You can serve this delicious laddu to all of your family members.

**Ingredients** • 1kg fresh finely grated carrot • 2 cups of sugar • 1 teaspoon ground cinnamon • 2 cups of milk powder • 4 tablespoons of ghee • Grated pistachios • Mawa for garnishing

**Directions** • Boil grated carrot smoothly with 1 cup of water. • With the help of a big spoon or a smasher smash those boiled carrot. • Now take a fry pan and add ghee. • Add smashed carrot along with sugar. • Stir continuously until sugar gets melted. • Finally add cinnamon powder to it, then let it cool. • Make equal size laddu by using your hand. • Garnish it with grated pistachios and mawa.

## daily sun

Update : 2018-02-16 00:00:00

feature

Online Business: A New Platform For Female Entrepreneurs

Mahin Rahman Anita



After realizing the considerable importance of receiving education and achieving financial independence, nowadays a number of women in our country are showing their interest in business, and some of whom have already achieved a howling success. Well, there is no denial of the fact that one who is willing to start a business and accomplish success must be ready to undertake the risk that a business involves and put enough effort to run it. And then, what they need is a fresh idea for their business. And online business can really be an appropriate venture that today's women in our country can take up to gain success. There is no denying the fact that the use of internet and mobile phones is rapidly increasing among the people in our country. You may have already seen some online pages that are selling many daily essentials, dresses, electronic devices etc. and both buyers and sellers are usually females. So, at present the idea of online shopping is getting more and more popular. Hence, female entrepreneurs can avail themselves of the advantages of online business. One can even use social media such as 'Facebook' very effectively as the platform of one's online business. Well, here are some reasons why online business can be a handy and advantageous platform for the women.

**Low cost business:** To begin with, it is a low-cost business idea which is more convenient for the first-timers. In our society, a girl cannot usually expect a big financial support to invest in her business. But you do not need a big amount of cash to start an online business. Of late, many women have started their dream business so easily because that required a little amount of investment.

**Less risk:** In every business there must be risk. There is a saying - "if there is no risk, there will be no gain". So taking risk is a primary condition of a business. But, in online business, you may not need to think much about incurring loss because order-based businesses have almost no chance of loss.

**Hassle-free initiative:** Meanwhile, in online dealings, there is no need to rent any showroom for selling product; so women can easily maintain the whole process of business by staying at home. You just have to deliver the product to the customers through the delivery boy or any agency.

**Chance of creativity:** If you are doing an online business, you can implement your creative ideas and design your own product when your products are dresses, jewelry, and art works. So there is a chance of earning by doing your favorite work.

**Increased number of customers:** If the female entrepreneurs deal in an online based business, they can easily catch a large number of customers within a very short time by using internet and social media.

**Time-saving job:** In every business, one must invest time along with other investments. But, the benefit of doing online business is that, you do not have to invest much time in it. What you have to do is keep checking the notifications so that you can give reply to the customer's queries, negotiate and get the orders. Anyone can do it from anywhere and anytime so easily. Well, there are many other conveniences but the most important one is the flexible nature of this initiative. However we must say that housewives, job holders, students and other females can implement their business ideas very easily using internet. It can not only ensure their financial freedom and help them overcome gender discrimination, but also show other women the way to success.

## daily sun

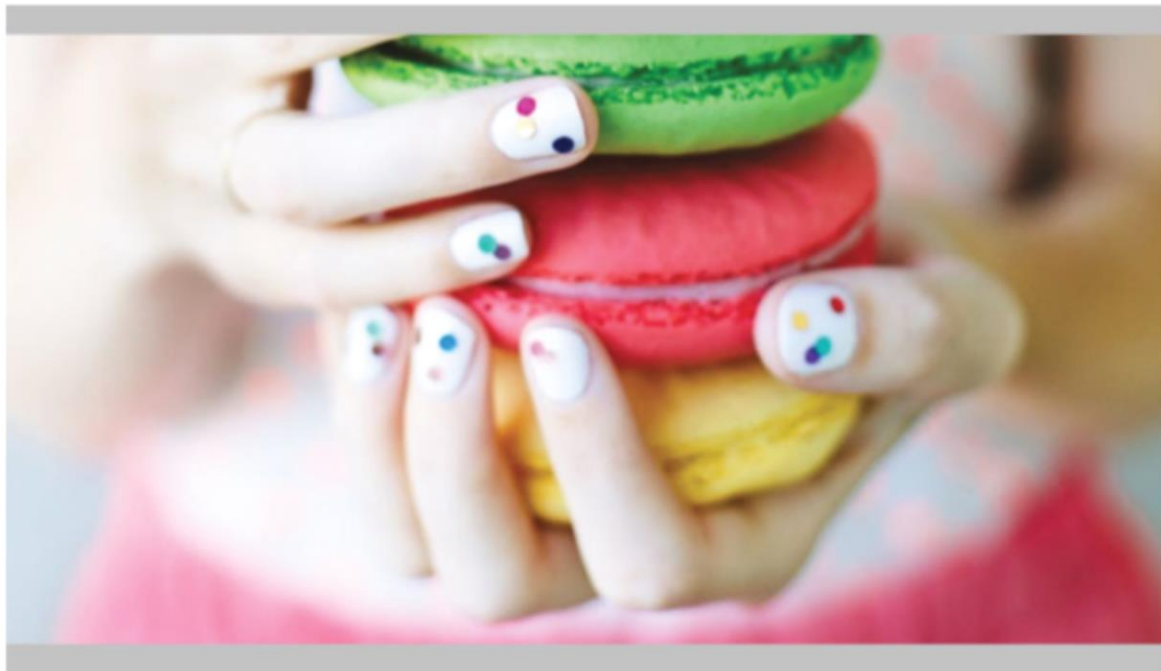
Update : 2018-02-19 00:00:00

Nail Art Hacks:

Give It A Try

Painting your nails with only one colour is not enough anymore. This is you who can transform your plain nail into a creative, artistic and colorful one by using some simple tricks. On top of that, you don't need to go for shopping to do this. What you need to do is just open the box of nail polish and try to combine the colors. Let's see how we can paint our nails without any help from the professionals.

Mahin Rahman Anita



**Matte Nail Polish** Matte nail polish is a hot trend of today's fashion. This matte nail polish can give your nail a new and sophisticated look but unfortunately this matte nail polish are a bit costly and many fashion lovers are reluctant to buy it. But no worries as you can turn your ordinary nail polish into a matte one. You just need baking powder, one brush and nail polish for this easy nail art.

- Firstly, be sure to apply any base color, then chose your color and give a coat to your nails.
- Secondly, dip the brush into baking powder and gently sweep the brush over the wet nail paint.
- Then wait for a few seconds and remove the stuck powder by washing hand or by using a brush.
- Let it dry completely to get the final matte color.

**Ombre Nails** Get inspired to create your own ombre nails with these ideas. To get the perfect color, you need practice and perfection.

- Apply a clear basecoat.
- Paint your ombre colors on a small makeup sponge in a horizontal or straight way.
- Stamp the polish on your nails and roll the polish so that the color can create an ombre effect.
- Finally apply the topcoat.

**Dip Dye Nails** To create dip dye nail art follow the following tips:

- Firstly take a cup of water.
- Put a few drops of nail polish one by one.
- Take a toothpick and try to create any design with that nail polish on water.
- Put your nails on that cup of water and get your dip dye nails.
- Remove the junks with nail polish remover.

**French Manicure** French manicure is very popular and suitable for all ages and occasions. Nothing can beat this classic French manicure. Moreover it is very easy and anyone can do it at home.

- Clean your old nail polish.
- Have a basecoat with natural color.
- Paint your nail tips with white nail polish.
- You can use scotch tape to get a perfect nail line.
- Finally use clear topcoat to give it a final touch.

Girls are very careful about their nails as it enhances the overall beauty of the hands. Well, the most basic step is to keep the nails clean to get the most out of these hacks.



## daily sun

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feature

Of Marriage And Conjugal Life

Mahin Rahman Anita



While thinking about marriage or the married life, unmarried people often tend to associate the life with an excessive pressure, overburdening responsibility, suffocating bindings and helpless dependency while others may fancy that marriage would bring them many happy events and the thoughts of new partner, new dress, jewelry, honeymoon etc. preoccupy them. Nevertheless, the most important thing that your marriage will mean is the relationship that you will build between you and your prospective life partner. Well, you can take into consideration a few things and gain some knowledge about how to keep the relationship intact before you ultimately tie the knot in order to have a happy conjugal life in future. People commonly think that in a love marriage, the understanding between the couple is better, or love-marriage lasts longer than the arranged marriage. But these stereotyped ideas actually have no ground. The happiness of your conjugal life principally depends on the understanding and cooperation between you and your spouse. Again, age of the couple is a very common issue that people usually take into consideration while arranging a marriage. It is often said that if the husband is at least five years older than the wife, then they can manage their relationship in a better way. But nowadays, many same-age marriages are also taking place and they are not unhappy. Well, you had better choose a partner who is after your own heart, regardless of all these stereotyped ideas. However, even if you have found a nice looking, well-behaved and intelligent partner in your conjugal life, you should not think that you are done with everything. You should keep in mind that, there might be many ups and downs in your married life. Little arguments may take place between you and your life partner. Hence, you should handle the situation mutually, with patience and love. Moreover, during spousal relationship there will be many misunderstandings, disagreements and other troubles, in those times couples need to be calm. There may be differences between you in terms of your liking and disliking. But if one can be respectful towards the liking and disliking of your other half, then there will be no difficulty in maintaining a sweet relationship. Before making any arguments, it is wise to put yourself in your partner's shoes so that you can understand the other's situation and state of mind. Never let your ego to dominate you because it can break up any relationship within a second. Next, you must have a transparency in your relationship whereas you must be able to trust each other if you want to have a good bonding. Indeed, in every relationship trust is a foundation. In addition, when it comes to decision-making on a family affair, then you should also value your partner's opinion. Finally, if you ever make a mistake or come hard on your spouse inconsiderately, never mind to say sorry to him or her because it will not only sweeten and strengthen your bonding but also rid you of a sense of guilt.

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hair care

Stylish Hairdo Options For Summer Days

Mahin Rahman Anita



During summer mostly the weather remains hot and steamy. So instead of fighting with your hair, you can play with your locks by doing so many easy hairdos. Here are some easy-to-do summer hairstyles. For these easy hairdos you don't need any extra hair-care products rather what you need is just your pair of hands: Ponytails High ponytails are one of the most fashionable styles that suits all kinds of hair. It also goes well with both western and traditional dress. A high ponytail works better on the hair that is not freshly washed. Firstly, brush out your hair thoroughly and make sure that there are no knots. Now tease the hair on your crown slightly. This teasing gives your hair a volume. Gather your hair into a ponytail and secure them with an elastic hair tie. Finally set the ponytail with hairspray. Fishtail Braid Fishtail braid is perfect for long or medium length hair. It can give you a fresh and elegant look with any attire. Brush your hair first. Now make a part on one side and divide them into two parts. Take a small section of hair from the edge of one of the outside ones and adds them into third strand of hair. Cross the third small strand over to the inside of the other strand. This third strand will be the part of another section. At this point you will get two sections again. Keep repeating this and at the end bind the remaining hair with hair band. To get the best look loose the braid by stretching it. Now you are all set with the beautiful fishtail braid. Messy Updo Messy updos are meant to make you pretty and there is no touch of perfection. It will give you an effortless pretty look with untidy hair. To make this updo put your hair in a high ponytail. Now tease the ponytail. Separate them into two sections. Twist any one section and wrap the one with another. Fix them by using some bobby pin. Do the same thing, twisting and winding it around the other section. Pin it up and make sure that your hair band is longer visible. Now take a mirror and have a look – it's perfectly okay if some of your hair is not looking tidy. If not, then pull out some of the hair and curl them. For final touch use a hair spray. You can try these out during this hot weather. It will not only give your look a twist but also give you a fresh and comfortable appearance. Have a happy summer with these three beautiful hairdos.

## daily sun

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feature

### Yoga At Home: Some Easy Steps For Beginners

Are you thinking of going to a gym or any yoga centre? Do you want to lose some of your extra pounds? Then yoga can be your choice. Yoga is a group of physical, mental and spiritual practice or activity which is advantageous for our health. It is also a part of relaxation and meditation. By practicing yoga for 20 minutes on a regular basis or at least twice in a week you can control your mind and body so perfectly. For beginners there are some easy yoga steps and one can do it easily by staying at home without the help of any yoga instructor.

Mahin Rahman Anita



At first, find an uncluttered and quiet place inside or outside your house. Then choose a perfect time and try to maintain the same time for your yoga. Morning can be a perfect option because of fresh air. Many people prefer night as well for doing yoga to remove their stress. When you have found the place, wash your hand, use toilet if it is needed and wear comfortable cloths. If you love music and aroma you can light any aromatic candle and switch on any soothing music. After doing all these things you are perfectly ready for yoga. There are basically two kinds of yoga practices - one is hatha yoga and another is raja yoga. Hatha is basically for meditation. Some of the hatha yoga steps are given below: 1. Stand on your yoga mat. Walk in the tiptoe and start with shaking of your body. 2. Slowly bow forward and lie on the ground. Place your head on the mat and hands behind. Raise your knees slightly and swing your feet back and forth. Count the numbers from 1 to 20. 3. Lie with your head and hands keeping relaxed. Try to rotate your body to the left and right as far it will go back and forth and focus on the spine. 4. Move your toes and feet slightly, circle your feet over the ground and try to feel the feet. 5. Do the heel seat which is known as 'vajrasana'. It means you have to kneel down on your heels. Turn your spine and head to the right and then left. 6. Adopt supine position which is more like cycling. Turn around and lie on. Move your legs as if you are cycling or riding any bike. Place your hands on your body, lift your head and make your legs turn to the right and left. 7. Do the shoulder stand (sharvangasana). Lie down and try to point your feet to the sky. Support your body with your hands up at the back. 8. Practice 'seated twist'. A 'seated twist' stretches your shoulders, hips and back while increasing your circulation and strengthening your oblique muscles. Sit on the floor with your legs extended. Cross the right foot over your left thigh and place it flat on the floor, and then bend your left knee. Move your left arm to the outside of the right knee, so your elbow is touching your thigh, and twist your body to the right. Hold for one minute and then release and switch sides. These are some basic poses. You can practice these at home comfortably. You just need determination and willpower.

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